



Suicide, Anxiety, & Depression

(How the Gospel Changes Everything)

Part 2

Anxiety is a feeling of unease, worry, or nervousness about an uncertain outcome. Anxiety's root cause is usually tied to stress, and this stressful apprehension felt by those anxious people can be crippling. This anxiety can manifest itself in one of three responses: ***fight, flight, or freeze***.

When someone is crippled by anxiety, they are often diagnosed with an anxiety ***disorder***. It's estimated that ***40*** million Americans (11.5% of the population) suffer from anxiety.

Furthermore, it's estimated that over 30% of students (middle-school to college-age) suffer from ***stress-fueled*** anxiety disorders, and that it affects females more than males. Anxiety can even have physical effects such as high blood pressure, insomnia, increased irritability, and lack of concentration. These anxious thoughts and disorders can be closely tied to fears, leading to

depression. In truth, all humans hate to feel out of control, and very few of us like to put ourselves in situations where the outcome is uncertain. So, why are so many people so anxious? What stresses have accumulated in their lives to the point of leaving them feeling overwhelmed?

Is there a spiritual fix for this mental anguish?

Anxiety: Numbers 11:1-20. *"I'm tired of this manna!"*

- **Moses, the *reluctant* deliverer:**

- **Exodus 3:11;** *"Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?" "God said, 'I will be with you.'"*
- **Exodus 3:13;** *"What is His name? Then what shall I tell them?" God said, "I AM WHO I AM." "I AM has sent me to you."*
- **Exodus 4:1-3;** *"What if they do not believe me or listen to me and say, 'The LORD did not appear to you?' God said, 'Throw your staff on the ground.'" "Put your hand inside of your cloak."*
- **Exodus 4:10-12;** *"LORD, I am not eloquent...I am slow of speech and tongue." God said, "Who gave man his mouth?...I will help you speak and teach you what to say."*
- **Exodus 4:13;** *"O Lord, please send someone else to do it." God was angry with Moses and gave him Aaron, his brother. God said, he will speak to the people for you, and it will be as if it were your mouth..."*

- Now, fast forward to **Numbers 11**, and the **complaining** Israelites. The Israelites had grumbled against the Lord all along the exodus from Egypt. They had rebelled against God, made for themselves a golden calf, given up Moses for dead, rebelled against Moses and Aaron's leadership, and complained constantly over a lack of resources in the desert.
- **Numbers 11:1-3**;
 - The people complained again about their **hardships**.
 - They complained *"in the hearing of the LORD"*.
 - God's anger was aroused, and fire fell from heaven and consumed many.
 - Moses prayed, and the fire died down.
 - They named the place *"Taberah"*, which means **burning**.
- The ***"rabble"*** with them again began to complain. The inference here is that there are people within their group who are **regular** complainers.
- They craved other food. God had provided manna, described in verses 7-9.
- Before this event, Moses had always interceded and asked God to turn away from His wrath towards the Israelites. However, this time it's different; Moses is troubled and stressed. Moses questions God: *"Moses heard the people of every family wailing..."*
 - **Why did You (God) bring this trouble on me?**
 - **Why is this my fault and burden to bear?**
 - **Why did you give these people to me?**
 - **How can I provide for the needs of so many people?**
 - **This is too much and overwhelming to me!**
 - **You did this to me, and I don't appreciate it!**
 - **You kill me! Before they do.**

God had a plan to relieve the stresses in Moses' life, as He gave him **70** elders to help him lead the people. There are many times we feel overwhelmed, many times we feel forsaken, and many times we feel inadequate. However, the truth for us is the same truth God was teaching Moses (and Job last week): **God is in control**. God was telling Moses, *"Moses, the results aren't up to you!"* God would provide quail for the grumbling Israelites, He would quench their thirst with water from the rock, and God provided THE Atoning Sacrifice for all of mankind.

1 Peter 5:6-7;

"Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you."

Philippians 4:6;

"Do not be anxious about anything, but in everything, by prayer and petition (supplication), with thanksgiving, present your requests to God."

Philippians 4:7;

"And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Romans 8:28;

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."